

Meditation Course Can Replace Drugs

Friday, February 12, 1971—Splinters, Roseburg, Oregon, Page A-1

Greg Chery's crusade promoting Maharishi Mahesh Yogi's crash course in transcendental meditation will return to UCC next Thursday, Feb. 18, with four days instruction for those paying the \$35.00 fee.

In his previous talk at UCC Chery described meditation as

"using the natural tendency of the mind to experience more charming instances." In a society plagued with hypertension, anxiety, and neuroses, Chery claims meditation is a spring from mental tension and the answer to Utopia. Emphasizing his claim is the growth of Students' International

Meditation Society with about thirty centers in the United States.

Approximately twenty UCC students appeared willing to jump on the band wagon and organize a center here, eager to "withdraw to within the mind, transcend to oceans of the conscious." Using a sound technique and chant word, students will transcend a thought and arrive at the source of the thought, partaking in a state of "restful alertness."

Simple and universally applicable, the process is scientific and does not rely on belief. Two fifteen-minute periods of meditation per day are sufficient. While meditating, the body realizes a deep state of rest including skin relaxation, slowing of the breath and pulse rate, settling of the bowels and an increase in alpha rhythm. Afterwards, the subject feels refreshed and rested.

"Perception becomes sharper, the heart is softened, the mind is

more eager, generating creative intelligence," insisted Chery, claiming further that, "People could radiate into the environment, stimulating a paradise on earth."

This "science of being and art of living" appears to be an alternative for young drug takers, who report they no longer feel a need for drugs when meditating, even finding them distasteful. Other studies indicate increased creativity, productivity, improvement in functional disorders, tranquility of mind coupled with decreased physical and mental tension.

Meditation is a key part of most Eastern religions, including Zen Buddhism and Indian philosophies.

Those interested in participating in Greg Chery's instruction course must abstain from drugs fifteen days prior to the course. One hour sessions will punctuate each of the four days, and can be continued at the discretion of the participant.



THE EXPERIMENTAL WING, a non-profit group of amateur dramatic actors and actresses from San Francisco, will pay a visit to UCC's Library, Feb. 17, at 8 p.m. A one hour play will be presented, followed by a one hour workshop, in which the audience will participate. Their presentation will be unique in as much as it will be a spontaneous, on the spot, improvisation done without script, plot, or props. The aim of this group is to develop an interest in live drama, and in acting as a career, as well as to find new talent. Don't forget, it's in the Library, Wed. Feb. 17, at 8 p.m. Everyone is cordially invited.

Peace Corps Offer College Credit

SOUTHERN OREGON COLLEGE SISKIYOU — The State University of New York College at Brockport is looking for students who want to earn college credit while preparing to teach mathematics and science as Peace Corps volunteers in Latin America.

Peace Corps and college officials announced today that the unique Peace Corps-College Degree program at Brockport will be extended with the admission of a fifth group of candidates in June, 1971.

The decision by the Peace Corps to extend the four-year-old program, was made after a comprehensive evaluation in which graduates of the program serving as Peace Corps volunteers in Peru, Colombia, El Salvador, Honduras and the Dominican Republic were interviewed along with their host country counterparts and overseas Peace Corps staff.

The program is open to students who are in good standing at any accredited college or university and who will have completed their sophomore or junior year by June 1971.

Application must be made to the Peace Corps-College Degree Program; State University College at Brockport, New York 14420 by March 1.

The program is designed to fill the need for mathematics and science teachers in developing Latin American countries. It includes one academic year flanked by two summers of fully subsidized and integrated academic courses and Peace Corps training.

Graduates receive either an A.B. or B.S. degree, secondary school teacher certification and an assignment overseas to a bi-national educational team as a Peace Corps Volunteer. While they are serving overseas, volunteers may earn up to 12 hours of graduate credit.

Unique features of the program include: Academic credit for Peace Corps training; two fully-subsidized summer sessions totaling 30 semester credit hours; in-depth Peace Corps training which is fully synchronized with a liberal arts education; specialized professional preparation; individualized programs; intensive audio-lingual Spanish training in small classes; opportunity for double majors, and supervised overseas graduate work.

According to Peace Corps officials, the Brockport program is the only one in the country to grant full academic credit for Peace Corps training.

UMPQUA COMMUNITY COLLEGE

The Official Student Publication of Umpqua Community College



Roseburg, Oregon

ASUCC Rejects SIMS Constitution

The Student Council of UCC accepted the petition of signatures of interested students for Students International Meditation Society (SIMS), but rejected the proposed constitution at their regular meeting of Feb. 2. Reasons for

the rejection of the constitution were that it did not coincide with the provisions for clubs in the ASUCC Constitution and that it resembled too much of a "power structure." The council asked that the constitution be revised and presented again at the next meeting.

In other actions the council accepted Mickey Grimes as Corresponding Secretary. She will fill the post that was vacated by Peggy Hopkins when she became the new Recording Secretary.

Olan Hatcher was appointed to head a committee of representatives from UCC to attend a discussion on "Disent on Campus." The discussion will be sponsored by the Divisions Group of Canyonville, and will be held March 16.

Spring Term Pre-Registration

Pre-registration for Spring Term classes is scheduled to begin Feb. 15. Voc-Tech students should make arrangements with advisors for appointments; transfer students should make appointments on the master schedule in the college office.

All students are encouraged to pre-plan their spring schedules before consulting with their advisors. Schedule forms are available in the college office and in Dean Wilmeth's office in the Technology Building.



MARY PUTTMAN, Gene Massey, Sharman Grady, and Cliff Thompson go over their lines during a recent rehearsal for "The Red Lamp", a play being produced by the Drama Club. Other members of the cast are Larry Anderson and Arlene Salee. Production of the play is planned for the week of March 8.

Degree Candidates Notified

More than 200 students have been notified by the Registrar's Office that they may be candidates for degrees or diplomas to be awarded at graduation in June. Possible candidates were identified through a quick perusal of all students records, and instructed to check with advisors during Spring Term pre-registration for certification of candidacy. Degree and diploma application forms were also furnished.

Any student who may qualify for a degree or diploma but did not receive word from the Registrar's Office is encouraged to complete a degree or diploma application form in the college

office. Notification will follow as to graduation status.

Critiques Circulated

Teacher critiques have been mailed out to 600 randomly selected students this week. This form is sent out at the end of each term and offers the student an opportunity to evaluate teachers and teaching methods. The results are then filed and are open to students and teachers to see.

Folksinger Returns Here

Larry Hanks is a very fine musician. He plays the banjo, mouth harp, harmonica and naturally, the guitar. While Jon Adams usually stays with the guitar his rapport with the audience is terrific. He has a very natural way of handling both his music and the audience. Last May when he was here the students asked that we have him back this year. When Jon is not making the campus scene he plays at the "Agona Coffee House" in Portland.

This concert is being presented as a Community Service Program and is open to the public with no admission charge.

Jon Adams, a folksinger from Portland, will return to Umpqua Community College this Saturday Feb. 13, 1971. The folk-concert will start at 8:00 p.m. in the college library. Jon will be joined by his longtime friend Larry Hanks from San Francisco.

Folk singing is not new to either of these performers. Both have performed at many college settings throughout the Pacific Northwest and California. Their style of presenting folk music is very entertaining and educational. Jon and Larry's frank and beautifully easy music will provide an enjoyable evening's entertainment.

Weekend Meets Slated

Two student conventions are scheduled for this weekend at Central Oregon Community College. The Oregon Community College Student Association will hold its monthly section meeting starting at 10:30 a.m. Items on the agenda include the consideration of the hiring of an executive secretary and a resolution to help increase the communication between high schools and the community colleges.

At the same time in another area of the school, the Oregon Community College News Syndicate will have its first organizational meeting. The OCCNS is the brainchild of Pete Sorenson of SWOCC. The organization when fully organized will link all of the newspapers of the community colleges together, and will provide for reporters to attend special events concerning all of the community colleges.

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INTRODUCTORY LECTURE THURSDAY, FEB. 18

UMPQUA COMMUNITY COLLEGE

8:00 P.M. ROOM TO BE ANNOUNCED STUDENTS INTERNATIONAL MEDITATION SOCIETY For Information 673-4397 Evenings

Sawdust . . .

When do the people of Oregon stop talking and begin to act? Being somewhat of an outsider, the politics of this state confuse me to no end. The ultimate in this paradox was shown during the recent hearings in the state legislature regarding the explosives control bill. During the aftermath of campus and other bombings, one could not find a single person with anything but detest for such actions. So the legislators take action. They propose a bill which will limit the use of explosives to approved and properly licensed users. Nothing could be more simple. Yet the people of Oregon scream that it is an alienation of their rights. There is no more of an alienation here, then there is in requiring one to be properly licensed to drive a car.

And this is only the most recent example. Ever since I have lived within Oregon I find the same sort of actions on the part of the

people of Oregon. Gun control, pollution control, and nuisance abatement ordinances, all of them and all of the uproar around them, give one the impression that the logger and the sportsman have a corner on personal rights and freedom in this state, since it is they who represent most of the uproar around these issues.

It is beyond the time to act. We've got to stop the rhetoric on both sides of the question and work together on the solutions to these problems. The bombings of public buildings must be stopped, and it appears that the police organizations of Oregon and the rest of the United States are presently unable to stop such activities. The explosives control bill could limit or cut off these bombings. Let's work together to put a stop to these few who, if they go unchecked, could create an unrepairable chaos within this society.

. . . and more Sawdust

The 18-year-olds can vote now — maybe. The House of Representatives and the Senate of the State of Oregon have both passed the measure but now it goes before the voters in the primary of 1972. Since it would call for a constitutional change, it must be approved by the voters before it becomes law.

I am not an experienced news analyst by any means but this subject rather intrigues me. It seems that the franchisement for the 18, 19 and 20 year-olds is coming for the wrong reasons. For instance, one congressman said that young people are smarter and more mature than ever before. I would like to believe this but I find it impossible to do so. They may be more experienced in some things than their parents

but that does not necessarily make them more mature. As for being smarter than the preceding generations — if I am an example, you should find a better one. They undoubtedly have a wider variety of experiences but this does not mean that they know what to do with them. Another reason that voters may vote for measure giving 18, 19 and 20 year-olds the right to vote involves money. At the present time Oregon would have to hold two separate elections, one for those over 21 and one for those under 21 because of a Supreme Court decision saying that 18-21 year-olds could vote in presidential elections. This would cost quite a bit more money and everyone is concerned with saving money, aren't they?

Frankly, I don't know if we are ready to vote. Are we ready to decide how much property tax we should pay when most of us don't own property? We know a little about income tax, but how much experience have we had in deciding a tax base for a school? How much do we know or understand about zoning laws?

Most speakers at commencement exercises tell us something about going out and changing the world. They tell us that our parents have made a mess of it and that now it is our turn to clean it up. We are always talking about changing the world and the way to do it has practically been handed to us but I wonder if we will use it. I doubt it. No one has changed the world yet, even when they were 21 and over. If they couldn't do it then, can we do it at 18?

This is pessimistic I know, but how can I sound any other way? I have eyes and ears and I don't think they lie.

B.H.

The First Step Out of Eden
And the voice said to Adam,
"Get Thee out of the garden and
into the world."

I have given Thee an insatiable
curiosity,
A desire to know.

Go, then, and seek thy Utopia."
And Adam taking Eve, his
woman,
Walked out into the world and
became man.

Today I watched the descen-
dants of Adam
As they walked on the Moon
And the moon, that golden orb
that for so long has
Drifted above the trees and
spoke of romance,
And speaking thusly, drove man
to madness;

That silver crescent that hung so
close to earth
And told the Hunter its secrets of
the weather,
Lost its mystery and became
commonplace.

Became a thing of rock and dust,
Cast off or captured by Mother
Earth.
And soon we shall know all that
lies
Hidden there-in.

But,
Man shall boast long and loud
this
Accomplishment
And well he may,
'Tis a million years of knowledge
From Eden to the Moon,
A million years of learning and
unlearning,
Of trial and error, of dreaming
and reality.

Making a wheel, building a boat,
crossing a river,
Finding the far side of an ocean,
Of conquering fire, conquering
water,
Conquering air, and finally
conquering space.

To the Moon and back!
A stride forward, but what of the
task ahead?
Compared to the vastness of
space,
This is less than the first step out
of Eden.

Still, man's desire to know
Will drive him to its farthest
reaches.
So,
Plod on, Oh Man, to the speed of
light
And beyond, nor dwell too long
On the accomplishments of the
past.

The future lies ahead
Go ye, then, and seek thy Utopia
For your desire to know,
Your insatiable curiosity,
Your seeking after far places
May be your reason for being.

Platform

This space is designated for the free and open expression of public opinion. This paper welcomes short statements of opinion on issues of general interest to the people of this campus. It is our hope that this will go beyond the standard type of "Letters to the Editor" type of column.

Any sensible, serious article of intelligent, timely discussion will be printed subject to limitations of space. All articles must be signed and all articles will be printed with the writers name. If you have anything to say, just turn it in to room L-1, or mail it to: Splinters, PO Box 967, Roseburg.

To The Editor:

I believe that the article concerning "Withdrawal Policy" appearing in the past issue leaves a misconception with many students. The current practice (not policy, although given time, practice does become policy) endorsed and followed by the Technical Division staff and students is this:

1. Students are allowed to enter certain programs and special courses anytime during a term if there is an opening, i.e., special clerical, welding, skill center, typing, business machines, accounting, effective and speed reading.

2. Students are allowed to change courses after the end of the second week who are misplaced, i.e., he is given a chance to change a math course to enable him to find a challengeable level. He may have discovered after a month that a particular skill has been awakened and, after some effort, he finds he can shorten his stay at Umpqua Community College by transferring to a more challenging course.

3. Students are not penalized because they have been away from school many years and require a little time to 'derust' and 'get back in the swing of learning.' It is possible to enroll in a course (or several) without failing; more time can be added or the course may be retaken without punishment or penalty appearing on the student's transcript.

R.S. Wilmeth

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New Counselors On Campus

Umpqua College is participating this year in a University of Oregon program for advanced community college counselor training.

We are fortunate to have two advanced degree candidates on our campus this term available to both instructors and students. These young men will be here on Tuesdays and Thursdays throughout the term.

Mike Nunley will be in the Student Information Center (formerly the Career Opportunity Center) in the Science Building office area during his office hours. Gary Fitts will spend part of his office hours in the Student Information Center, and part of his time in the Snyder Building office area.

Mike Nunley graduated from Whitworth College with a major in Psychology and a minor in Bible Literature, attended Princeton Seminary for two years, and is now completing a Masters program in Counseling Psychology at the University of Oregon. Mike spent several years working as dining room manager for Young Life summer camp and as a hotel room clerk in Houston, Texas. His areas of interest include community college counseling, human interaction, and family counseling.

Gary Fitts, from the University of Oregon, is here on a field experience program

while working on his doctorate in Counseling Psychology. A native of the middle west, he worked in sales work and as a building contractor for a few years beyond his undergraduate degree until faced by the rapid onset of a progressive blindness condition. After re-evaluation of vocational goals, he is now pursuing advanced educational experiences, chiefly those from the fields of developmental counseling.

Both Mike and Gary would like to attend faculty and student meetings which will help them to better understand the community college. They will be spending some time moving around the campus to meet people, but if you would like to speak with either of them please

feel free to drop in to see them during their office hours or call Mrs. Davis in the Administration Building to set up an appointment.

Below is a schedule of office hours which will locate Mike and Gary on Tuesdays and Thursdays. Office hours are also posted on the door of the Student Information Center and on Gary's office door in the Snyder Building.

Gary Fitts — 9:30-12:00 Tues. and Thurs., Snyder Building; 12:30-2:00, Tues. and Thurs. Student Information Center. Mike Nunley — 9:30-11:00, Tues. and Thurs., Student Information Center; 2:00-3:00 Tues. P.M., Student Information Center; 2:00-2:30, Thurs P.M., Student Information Center.

Express Concern On Air Pollution

During Cleaner Air Week (October 25-31, 1970), The Oregon Tuberculosis and Respiratory Disease Association Douglas County Council, conducted a survey on air quality in the Roseburg-Douglas County area. Cooperating in the project were health students from UCC.

When asked whether they felt

air pollution was a significant problem where they lived the Roseburg Douglas County residents answered yes: 62 per cent, no: 38 per cent. The survey found that although 98 per cent felt that air pollution was a significant problem in the state and-or country only 10 per cent had expressed their opinion to an official agency or person in public office.

Seventy-eight per cent of those polled considered themselves to be polluters of air. The forms of personal air pollution cited by the residents were: car 49 per cent; fireplace: 19 per cent; home heating: 15 per cent, and backyard burning: 15 per cent.

Wigwam burners brought the largest response (39 per cent) when residents were questioned as to what forms of industrial, business or agricultural pollution concerned them most. Pulp mills (27 per cent), field burning (20 per cent), and business incinerators (10 per cent) were found to also cause concern among citizens. Seventy-three per cent felt the business community was not cooperating to a significant degree to help clean up air pollution, and 56 per cent felt that the tax incentive program encouraging industry to clean up its own pollution seemed workable.

When questioned as to whether the internal combustion engine should be phased out, 66 per cent felt it should be while 34 per cent felt there was no need to. Forty-six per cent of those polled felt electric power should be used to replace the internal combustion engine. Twenty-seven per cent felt that atomic power should be used while steam power brought a favorable response of 21 per cent.

Eighty-six per cent of the residents polled favored restrictions of visible emissions from cars, trucks, etc. Ninety per cent felt that local air pollution authorities need stronger regulations to back up pollution control efforts and 55 per cent of the Roseburg-Douglas County residents questioned, answered that they would be willing to pay higher taxes for air pollution control.



JOHN CLARNO

Athlete of the Month
for January

Across Rivers

by Mike Thibault

By MIKE THIBAUT

It seems that "the" place for UCC students has evolved into weekend ventures up to Diamond Lake. Well known as a summer camping spot, few realize that also there is an abundance of winter sport possibilities at this nationally known area.

Three weeks ago there was 18 inches of ice on the lake. One had to step lightly to be able to dodge the numerous snowmobiles testing both motor and man on the snow and ice.

The boat house presently has been flooded for ice skating enthusiasts, and within a few miles one can find suitable toboggan or sled runs. And then there is the lodge. The home of the continuous cup of coffee or "what have you."

For a change from a wet winter to a snowy one students need only make the colorful 75 mile jaunt up the North Umpqua and winter has arrived for its disciples. One last note might be a word of caution — come dressed for a chilly thermometer. Cold feet will put a dampener on the finest winter conditions.

UCC's Field and Stream organization is finally getting the mothballs out and beginning to function as they should. This writer spoke glowingly of the possibilities that lay before them when they were formed and then heard little else. Here is one student who is desirous of a few outdoor activities open to the student population. Today's generation of students, with the word "ecology" so prevalent, are more than interested in putting in time with God's country.

Many students have been viewing with interest the continuing teacher salary negotiations in our community. My sentiments have to lie with the educators who have been asked to ignore inflation and pretend prices are still as they were 10 years ago.

It has always seemed ironical that parents and school board members have put the educational responsibility of our future generation on the teachers and then doled out a salary which made their education seem a waste.



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Timbermen Fall To Second

With a string of tough games behind the Timbermen of UCC they had to face two of the weaker teams from the northern Conference, Clatsop and Columbia Christian. Umpqua had been tied with SWOCC for the top spot in the Southern half of the conference, but on Saturday night things didn't turn up roses. The Timbermen coming off of a sloppy win over Clatsop met with red hot Columbia Christian who had just knocked off the strong Central the night before. The loss moved UCC one game back in the tight battle for the top spot in league. On the following weekend Umpqua traveled to Portland to meet the second place team in the northern half, Judson Baptist, then met Northwest Christian College which was a non-league counter.

Timbermen Top Clatsop

Umpqua met Clatsop on the Timbermen's home floor and saw both teams battling back and forth in the first half. With 6:00 to go in the first half the score stood at 34-33 with UCC up by one when John Clarno got a steal and a two pointer to put the Timbermen up by three, 36-33. At the close of the first half UCC had a comfortable lead at 54-43.

In the second half the Timbermen led by as much as 25. At the final buzzer the Timbermen had won their fifth straight league win, 99-81.

Three of the Timbermen scored in double figures with Banger Gray showing the way with 22, Clarno with 17 and Williams hitting 15. There was a total of 12 players scoring for the Timbermen with the bench adding 35 of the total points.

Free throws and bad defense proved to be the undoing of the Timbermen as the Clippers of Columbia Christian dethroned Umpqua, 77-74.

It was a close game all the way with UCC leading by two at half time 41-39. In the final half it looked as if UCC would run away with the game. With 11:00 to play Umpqua was up by 11 points, but they went cold and the Clippers closed the gap. With only 5:30 to play Columbia led by one 65-64. The game then went back and forth with the Timbermen in the back at the final buzzer 77-74.

Four of the Timbermen scored in double figures with Clarno

hitting 19, Chandler had 17 while Heath and Williams got 14 apiece. Williams led all rebounders with 11.

The loss moved the Timbermen back in second place in the Southern Division of the league.

Umpqua Downs Judson

Coming off their loss to Columbia the UCC put it back together to whip the Crusaders of Judson Baptist. Umpqua took command early and were only threatened once, when Judson came within 5. However the Timbermen mounted another surge to win it going away 91-79.

Williams played one of his best games of the season. The 6'4" center from Roseburg High pulled down 22 rebounds and hit for 9 points. Banger Gray also had one of his best point outputs of the season scoring 31. Others scoring in double figures were Clarno with 13 and Heeter and Daugherty with 10.

UCC Wins Thriller

The Timbermen gave the crowd it's money's worth and the coach an ulcer or two Saturday night in a rough and ready, high scoring non-conference game. The coach of the Timbermen started some different players by benching Gray, Heeter and Clarno. It was

a nonconference game so Perkins played some others to give as much experience as possible to his bench.

Umpqua took a 39-35 lead on a 12 foot shot by scrub Jeff Weaver with three seconds on the clock. In the second half UCC led by 15, 67-52, but quickly slipped back on ball control errors and a cold spell. At the end of regular playing time Crusaders' Clements hit two free throws to tie it up at 72 all.

In the first overtime period it went back and forth, when the clock went off it was again tied — 79-79. The second overtime was a repeat of the first OT and for the third time the game was tied at the end of time, 83-83. At the start of the third OT period the crowds went wild and so did the Timbermen as they outplayed, outshot and outscored the Crusaders 19-5. When time had expired Umpqua had finally won.

Jim Williams again ripped up the boards two nights in a row by getting 21 rebounds. Williams also had 27 points, high for the Timbermen. Banger hit for 25, while Chandler hit 10.

Umpqua's record is now standing at 15-4 for the season and 8-2 in league play for a strong 2nd place.

Athlete Of The Month

Any of you sports fans who have seen the Timbermen in action will understand why John Clarno deserves the honor of Athlete of the Month.

John was a 1968 graduate of Roseburg High School and is presently a sophomore playing his second season for the Timbermen.

John has proven on many occasions that he is a great scoring threat as well as a great ball handler. John is first in the league in free throw percentage for the season. Also his total number of assists more than doubles his nearest teammate.

After John graduates from

U.C.C. he will continue playing. Wherever John should go I am ball for one of the schools that sure he will prove to be a valuable asset to the ball club.

Need A Roommate?

Interested students at UCC are trying to get people who need roommates together. If you need a roommate and want to take advantage of this service, fill out the form below.

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(address)

(city)

(phone)

The Standings

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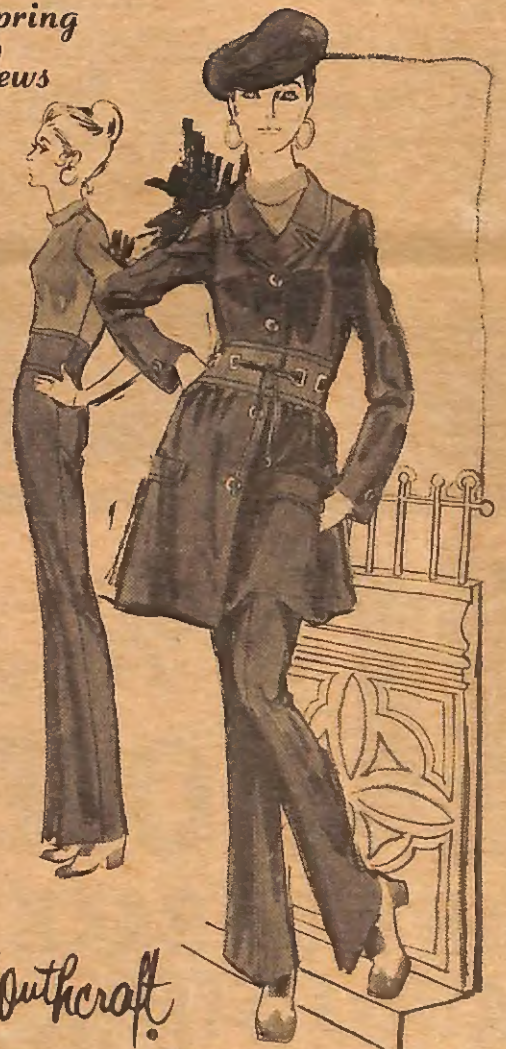
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Another two-tone award winner. The jumpsuit top in one color, the waistband and slacks in a complementary color. A ring-up collar, short sleeves, some gathering above and below the waistband. The topjacket matches the jumpsuit slack portion. Gatherings here, too, above and below the set-in waistband. And, in the midst of it, a complementary-color insert belt of leatherette going in and out through metal eyes. Notched collar. Pocket flaps (seam pockets, however). As exciting as opening night. Sizes 8-18.

Luverne's

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